

# Rice Bowl with California Raisins and Walnuts

**Makes:** 25 or 100 Servings

25 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water	2 lb 8 oz	4 qts	10 lb 4 oz	4 gallons
Brown rice; uncooked	8 lb 3 oz	1 1/2 qts	32 lb 12 oz	1 1/2 gal
Carrots, cubed	1 lb 4 oz	1 qt	5 lb	1 gal
Peas, frozen, thawed	12 oz	1 pint	3 lb	2 qts
Raisins	2 lb 3 oz	1 1/2 qts	8 lb 12 oz	1 1/2 gal
Oregano		3 Tbsp		3/4 cup
Salt		2 tsp		3 Tbsp
Pepper		To taste		To taste
Walnuts	5 oz	3/4 cup	1 lb 2 oz	3 cups
Chicken, cut into strips	1 lb 2 oz		6 lb 4 oz	

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>483</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	65 mg
<b>Sodium</b>	<b>304 mg</b>
<b>Total Carbohydrate</b>	<b>73 g</b>
Dietary Fiber	6 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>33 g</b>
Vitamin D	N/A
Calcium	68 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available

Onion, chopped	10 oz	1 pint	2 lb 10 oz	2 qts
Vegetable oil	2 oz	1/4 cup	2 lb 8 oz	1 cup
Green pepper, chopped	7 oz	1 pint	1 lb 12 oz	2 qts

## Directions

1. Bring water to boil. Add rice and carrots. Reduce heat and simmer until water is absorbed.
2. Add peas, raisins, oregano, and salt just before rice is done. Season with pepper to taste. Stir in walnuts.
3. Cook chicken and onion in hot oil until chicken is no longer transparent. Stir in bell pepper; cook for 2 more minutes.
4. Add rice mixture and heat through. Serve hot.

## Notes

Serving Tips:

Season with basil and garlic powder for an Italian flavor or soy sauce and ginger for an Oriental twist.

**Source:** California Raisin Marketing Board